



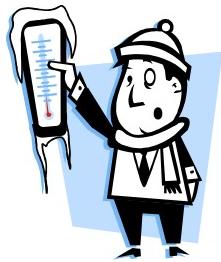
Winter Safety Briefing



Demographic
Actions



Don't Walk By



Winter driving tips

POV Safety

Motorcycle Safety

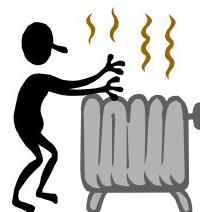
**Cold Injury
Prevention**



Sports Safety

Heater Safety

Carbon monoxide





Winter driving tips



Be Prepared for Winter Driving

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- Before
- During
- After



Winter driving tips



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At any temperature-20 degrees Fahrenheit below zero or 90 degrees Fahrenheit above-weather affects road and driving conditions and can pose serious problems.

It is important to listen to forecasts on radio, TV, cable weather channel, or forecasts in the daily papers



Winter driving tips



Winter driving can be tricky and often dangerous.

Before Your Trip

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- Give yourself plenty of extra time to get to your destination. Posted speed limits are set for perfect conditions. The less perfect the conditions, the slower your speed should be.
- Clear your windows, hood, roof and trunk of snow before starting out. Snow flying off your car can interfere with your vision or the vision of other drivers.
- Be sure your tires are properly inflated and have enough tread for traction in snow and to reduce the risk of your vehicle hydroplaning on water on the roadway.

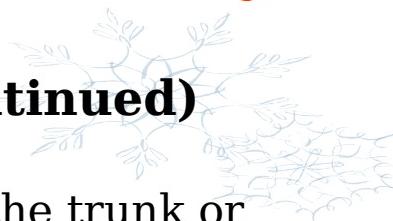




Winter driving tips



Winter driving can be tricky and often dangerous.



Before Your Trip (continued)

- Putting extra weight in the trunk or truck bed can give you better traction, but it comes at the expense of steering control and longer stopping distances. If you use extra weight, always properly secure the load.
- Before leaving, tell a friend where you are going, your planned route and when you will return. If you fail to return on time, they should inform the police and not go looking for you themselves. If the roadway was too bad for you to drive, it's probably too bad for them as well.



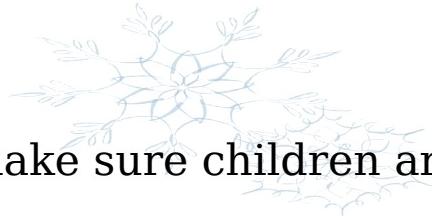
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Winter driving tips



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While On the Road

- Wear safety belts and make sure children are using safety seats.
- Drive with low-beam headlights on in snow or fog. Keep your car's lights clean and free of snow. Dirty headlights can cut visibility by 50 % or more.
- Maintain at least three times the normal following distance from vehicles in front of you on snow or ice. If you are being followed too closely, maintain extra distance behind the vehicle ahead so that you can slow down or brake gradually.





Winter driving tips



While On the Road (continued)

- If your car starts to slide on the ice, ease your foot off the accelerator, do not touch the brake and steer in the direction the rear of the vehicle is skidding.
- Winter driving can be a stressful situation. If another driver does something you don't like, remain calm and let it go. You'll be more successful if your attention is on the road.
- When braking on snow and ice, your car's owner's manual will usually recommend the braking technique most effective for your vehicle.

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POV Safety

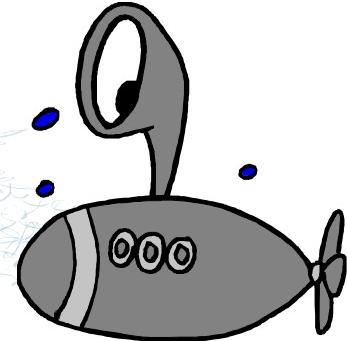


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*If you are one of those death defying individuals who scraps a 6 inch port hole in the ice on your car's windshield and then drives to work,
You are a Submarine Pilot.*





POV Safety



ADJUST YOUR SPEED TO THE CURRENT CONDITIONS - When driving in challenging conditions, SLOW DOWN!

Decreasing your speed will allow more time to respond when a difficult situation arises. Factors such as the type of vehicle you are driving, the quality of snow tires your car is equipped with, and your abilities as a driver should all be considered in the speed adjustment.



Maintain SPACE



Speed - The No. 1 cause of winter driving accidents is driving too fast.

Patience and courtesy save lives.

Awareness of other vehicles and your environment is essential.

Concentration - The increased hazards of winter driving make this important.

Exit - Always leave yourself an out.





POV Safety



Fog Safety Tips:

**Turn on rear fog light
when visibility is less
than 100 meters**

- ✓ Reduce speed
- ✓ Avoid crossing traffic unless absolutely necessary
- ✓ Listen for traffic you cannot see



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POV Safety



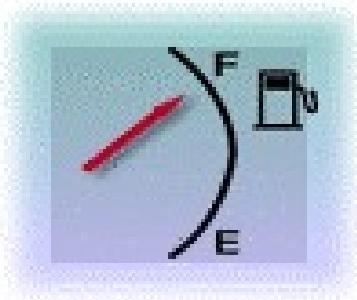
HOT HOT HOT

**DON'T FORGET TO FILL
UP WITH FUEL**

**DO
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POV Safety



TEN-POINT PLAN FOR SAFER WINTER DRIVING

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Hand in hand with winter comes heavy rain, fog, ice and snow. Bad weather affects visibility and stopping distances. Follow this ten-point plan and be a safer winter driver.

- 1. Allow extra time for your journey and reduce your speed.**
- 2. Increase the distance between you and the vehicle in front and be certain you can stop within the distance you can see to be clear.**



POV Safety



TEN-POINT PLAN FOR SAFER WINTER DRIVING

- (continued)**
- 3. If visibility is seriously reduced by fog, use dipped headlights and rear fog lights. Switch on your wipers to keep your windscreen clear.**
 - 4. Remember to turn fog lights off when they are no longer needed as they can be a distraction to other drivers.**
 - 5. Remember the obvious - you can see snow, but you can't always see ice.**
 - 6. Avoid sudden braking, accelerating too quickly and harsh steering in slippery conditions**

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POV Safety



TEN-POINT PLAN FOR SAFER WINTER DRIVING

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7. Keep your windows clear of snow and check from time to time that there is not a build up of snow on your lights.
8. Carry a shovel, extra warm clothing, a blanket, a snack and a drink - especially if you are traveling through isolated areas.
9. If you are going on a long journey, advise someone of your destination and what time you expect to arrive.
10. If you feel uncomfortable driving in bad weather, consider whether your journey is really necessary or whether you can go by an alternative to the car.



POV Safety



WARM-UP AND CLEAN-OFF

**1. IDLE ENGINE - DO NOT RACE
ENGINE!**

**2. CLEAN OFF VEHICLE
COMPLETELY!**

- CLEAN ALL LIGHTS

**- SCRAPE ALL WINDOWS AND
MIRRORS**

**- SWEEP ALL THE SNOW OFF THE
VEHICLE**

Good all around visibility is important!!!!

**remember, BEING IN A HURRY WILL
RESULT IN ACCIDENTS DOWN THE ROAD!**





POV Safety



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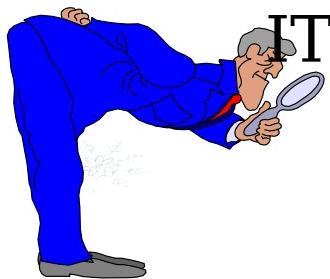
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BLACK
ICE
DANGEROUS
BECAUSE YOU
CAN'T SEE IT!

COMMON AREAS YOU FIND

IT:



1. Bridges/Overpasses/
Underpasses
2. Shaded areas.





POV Safety



BLACK ICE

REACTION
DO NOT PANIC!

- **MAKE NO SUDDEN CHANGES IN SPEED OR DIRECTION**
- **EASE OFF ACCELERATOR**
- **STEER IN DIRECTION THAT THE REAR OF THE VEHICLE IS SKIDDING**

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POV Safety



Don't Walk By

Remember
Cars Are
Expendable,
Lives are not!



Motorcycle Safety



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How do you do it?

There are always riders who feel they are tough enough to ride in the winter by just wearing extra clothing. There may be some intrepid enough to get away with this but the majority of riders need to take precautions both for their bikes and themselves.

Prepare your motorcycle

Prepare yourself





Motorcycle Safety



Prepare your motorcycle



Make sure your battery is up to the
Use proper oil
Check your coolant
Inspect your bike mechanically



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Motorcycle Safety



Prepare yourself

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Attitude

Riding a motorcycle in the winter can be a great experience. You are covered up much more than in the summer and better protected. Your overall movement is somewhat more restricted. Turning one's neck to see traffic on crossroads can be a bit of a challenge. People do not expect to see motorcycles in the winter so you have to be more careful to make sure that you are seen. You have to be dressed to keep warm and wearing somewhat constricting clothing.





Motorcycle Safety



Prepare yourself (continued)



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Weather and road conditions

Making a decision to ride in the winter requires that you understand the increased risks over summer riding. If you plan to travel any distance from home, check out the weather forecasts over the route you'll be taking. It may be clear at home but icy and snowy elsewhere on your route.

Clothing

Cover your body and eliminate places where the cold air can easily enter. Use modern fabrics designed to seal out the cold and retain body heat.





Motorcycle Safety



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Don't assume a driver can see you. The primary precautions are: helmets with retro-reflective materials; bright, contrasting clothing; fluorescent vests.

!!LIGHTS ON!!

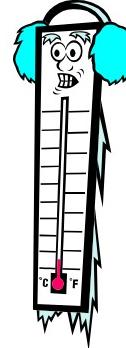
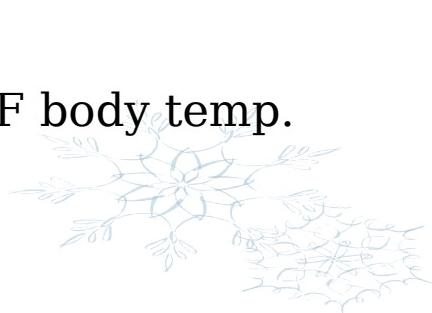


Cold Injury Prevention



Hypothermia

- **Number One Killer**
 - Loss of 4 or more degrees F body temp.
 - Wet body contributes.
- **Cause**
 - Continued Exposure.
 - Depleted energy supply.
- **Symptoms**
 - Shivering.
 - Slow and Shallow Breathing.
 - Slow Speech.
 - Loss of Coordination.
 - Memory Lapse.
 - Hunger, nausea, fatigue.



Treatment

- End exposure.
- Warm beverages.
- Keep victim in warm, dry clothes.
- Gradually re-warm.

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Cold Injury Prevention



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Frostbite

Cause

Body tissues may freeze when skin is exposed to extreme cold or touches a very cold object. Most susceptible body parts include nose, ears, cheeks, fingers and toes

Symptoms

Feel extremely cold, numb and possibly tingly

White or grayish yellow glossy skin, possible blisters

Treatment

Warm frozen part with blankets or warm (not hot) water

Don't rub the body part, drink caffeine, or break blisters

Don't warm with a hot stove, heat lamp, or hot water bottle

Exercise warmed body part (but stay



Cold Injury Prevention



Chilblain

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- **Cause**
 - Repeated, chronic exposure of bare skin to temps 32°-60°F.
- **Sign/Symptoms**
 - Appear as swollen, tender, papules.
 - Complaint of burning or prickly sensation.
 - Redness.
- **Treatment**
 - Passive warming at room temp.
 - No rubbing.
 - Protect from trauma and secondary infection.



Cold Injury Prevention



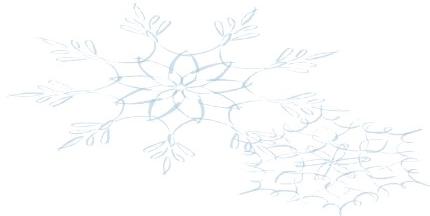
Trench/Immersion Foot

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- **Cause**

- Wet conditions, low temperature.
- Prolonged contact with moisture at temps between 32°-50°F



- **Signs / Symptoms**

- Numbness and pain.
- Swelling, tingling, itching.
- Pale waxy skin.
- Blistering.

- **Treatment**

- Elevate, wrap in loose dressing.
- Passing re-warming at room temp.
- No massages or rubbing.
- Air dry, no immersion in water.





Cold Injury Prevention



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Prevention

Keep Moving, take extra care if it's wet or windy outdoors

Wear warm, loose, layered clothing covering your feet, hands, face and head

If you are wet, uncomfortably cold or have numb fingers or toes get to a warm area and into warm, dry clothes or blankets



Cold Injury Prevention



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Dress Properly

- ✓ Wear several layers of thick loose-fitting clothing.
- ✓ Wear a hat, scarf and turtleneck sweater.
- ✓ The head and neck lose heat faster than any other part of the body.
- ✓ Dress for the cold.
- ✓ Don't forget a hat and gloves.





Cold Injury Prevention



Examples of wind chill:

With the temperature of 5°F and winds blowing at 35 mph, the wind chill index would be **-21°F**, which could cause frostbite within 45 minutes. (**Increased Danger**)

With a temperature of -20°F and winds blowing at 35 mph, the wind chill index would be **-55°F** and could cause frostbite in less than 5 minutes. (**Great Danger**)

Wind Speed (mph) ↓	Air Temperature (°F)																		
	40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45	
0	40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45	
5	36	31	25	19	13	7	1	-5	-11	-16	-22	-28	-34	-40	-46	-52	-57	-63	
10	34	27	21	15	9	3	-4	-10	-16	-22	-28	-35	-41	-47	-53	-59	-66	-72	
15	32	25	19	13	6	0	-7	-13	-19	-26	-32	-39	-45	-51	-58	-64	-71	-77	
20	30	24	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48	-55	-61	-68	-74	-81	
25	29	23	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51	-58	-64	-71	-78	-84	
30	28	22	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53	-60	-67	-73	-80	-87	
35	28	21	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55	-62	-69	-76	-82	-89	
40	27	20	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57	-64	-71	-78	-84	-91	
45	26	19	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58	-65	-72	-79	-86	-93	
50	26	19	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60	-67	-74	-81	-88	-95	

GREEN LITTLE DANGER (frostbite occurs in >2 hours in dry, exposed skin)
YELLOW INCREASED DANGER (frostbite could occur in 45 minutes or less in dry exposed skin)
RED GREAT DANGER (frostbite could occur in 5 minutes or less in dry, exposed skin)

Read right and down from the calm-air line. For example, a temperature of 0°F combined with a 20 mph wind, has an equivalent cooling effect of -22°F.





Cold Injury Prevention

Dressing for the C O L D

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Keep Clothing Clean

Dirt and grease block up the air spaces in your clothing and reduce the insulation value.



Avoid Overheating

Sweat can freeze on outer layers. Stay dry, moisture will decrease the insulating ability of your clothing.



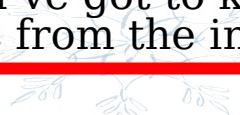
Wear Clothing in Layers

Loose clothing allows air spaces to help trap warm air without restricting blood circulation. Good blood circulation helps to prevent frostbite.



Keep Clothing Dry

You've got to keep your clothing dry, from the outside as well as from the inside.

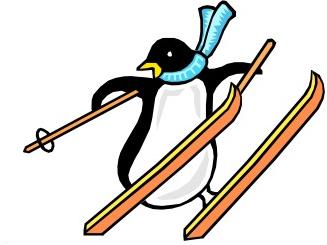




Sports Safety



- Skiing- Downhill
- Snowboarding
- Cross-Country Skiing
- Sledding, tubing
- Hiking and Climbing
- Volksmarching



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Most winter recreational activities are performed outside in the elements.

Almost all require some level of fitness.

It is important to remember that you must warm up prior to these activities, especially if it is cold!

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**Wear a proper helmet
that is specifically
made for skiing or
snowboarding.**



**Choose proper fitting
equipment.**

You can have equipment adjusted at most local sports stores



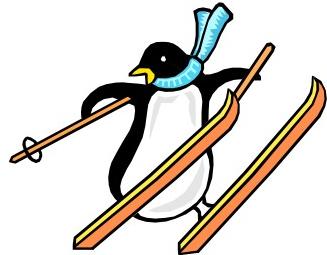


Sports Safety



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1. Wear clothes in layers
2. Cover the mouth & nose to help retain heat
3. Wear clothing that will not absorb water, but will breathe.
4. Wear clothing that will keep you warm even if it is wet, such as wool or some of the new synthetic materials (polypropylene, polorguard, fiberfill, quollofil) to guard against conduction.
5. Since largest heat loss is through uncovered skin (head, neck, hands, etc...), it's important to keep these areas warm and unexposed.





Heater Safety



ONLY USE AUTHORIZED HEATERS

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➤ UNVENTED AND PROPANE HEATERS
ARE NOT AUTHORIZED





Heater Safety



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- PLUG ELECTRIC SPACE HEATERS DIRECTLY INTO THE WALL SOCKET, NOT INTO EXTENSION CORDS.
- PLACE HEATERS WHERE THEY WILL NOT BE KNOCKED OVER EASILY.
- UNPLUG HEATERS WHEN THEY ARE NOT BEING USED.
- DO NOT USE HEATERS TO DRY CLOTHING OR OTHER ITEMS.



Heater Safety



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- ALL HEATERS MUST BE USED IN ACCORDANCE WITH THE SPECIFIC HEATER OPERATING INSTRUCTIONS.

- STOVES WILL BE LOCATED ON FIRM, LEVEL, FIREPROOF BASES. THE BASES MUST BE IN A CLEAR AREA, KEPT FREE OF CLOTHING AND OTHER COMBUSTIBLE MATERIAL, AND MARKED.



!!Carbon Monoxide Poisoning!!



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- **Terminology**

- Carbon monoxide is a colorless, odorless gas produced by gasoline and diesel engines, and faulty heaters.

- **Cause**

- High concentrations gas build up due to poor ventilation.
- Sleeping in parked vehicles with engine running.

- **Signs and symptoms**

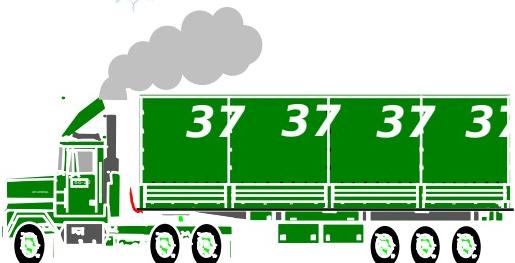
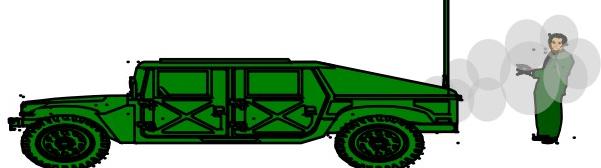
- Headache.
- Weakness and dizziness.
- Nausea.

- **Treatment**

- Fresh air.
- If not breathing, perform mouth to mouth resuscitation.

- **Prevention**

- Adequate ventilation in tents/ fire guards at all times!
- Do not sleep in running vehicles!!!





Other Winter considerations



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Clothing

- Wear a hat!
- Wear gloves!
- Wear shoes with good traction!
- Layer your clothes!

Sports

- Check Equipment
- Wear a helmet
- Wear goggles
- Stay in Pairs



Child Safety

- Be aware of the time spent outside

- Check sleigh path
- Dress children in layers
- Have hot cocoa on hand

Home Safety

- Check electrical wiring
- Check furnace/wood stove
- Have chimney cleaned
- Review Snow Blower manual
- Keep a bag of salt in garage

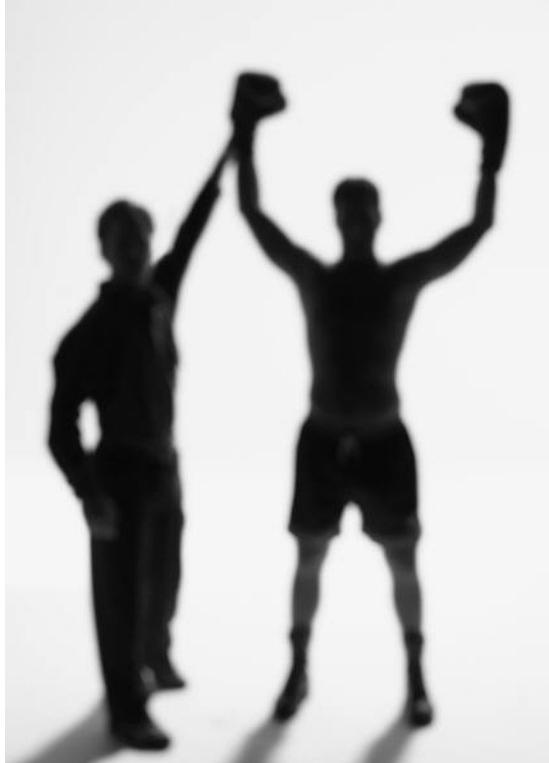




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Training, individual
care, buddy system and
leadership

=
success in the cold